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Courtesy photo

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#### Editorial team

Col. Carl Van Pelt	48th Fighter Wing commander
Capt. Patrick Ryder	Public affairs chief
1st Lt. Peter Kerr	Internal information chief
TSgt. Mary McHale	Public affairs NCOIC
SrA. Lisa Krebs	Editor
A1C Russ Martin	Staff writer

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<http://www.lakenheath.af.mil/current/jet48.htm>

# Keeping the battle rhythm



By Col. Carl Van Pelt  
48th Fighter Wing Commander

For many days now, the 48th Fighter Wing has been conducting combat operations. In fact, twice within four months we've found ourselves flying combat missions simultaneously from three separate locations. We're the only combat wing since the end of the Cold War that can say that.

Our success so far has been because of our *Leading Edge Team*. Across the board, twenty four hours a day, seven days a week we've got outstanding airmen in a myriad of specialties making things happen. As a result, the Liberty Wing continues to be the top choice of NATO commanders during the Operation ALLIED FORCE air campaign. As I mentioned in an earlier editorial, we're so effective because we train like we fight — but this isn't business as usual.

As we settle into a battle rhythm here in the

wing, we must all be aware of our responsibility to balance both our combat mission and our home station duties. We owe it to ourselves to keep normal processes and procedures on track. From personal experience, I recall units that returned home from Desert Storm only to find the home station 'broken' because all the wing resources and efforts had been forward deployed to fight the war.

Through maintenance and monitoring of our normal procedures, we won't have to worry about major fixes back here when the air war over the former Yugoslavia ends. Even though we have many people and resources deployed, each of us has a responsibility to investigate and correct practices or procedures within our wing that don't seem to be on track.

It's not business as usual at RAF Lakenheath — but then our business never has been what most people would call 'usual.' We're warriors charged with a very serious mission who train hard and fight harder. That's why we're the best.

**USAFE Family Day postponed** — In light of current operations, the USAFE Family Day scheduled for May 28 is postponed indefinitely. I realize everyone's working hard out there, but it's important to keep our battle rhythm on track as we continue to conduct combat missions over Yugoslavia.

## Liberty Wing Rule of Engagement (ROE)

We lead for success, not to avoid failure. Don't expect perfection — if a person is trying hard to improve, mistakes will be made.

## Action lines

The Action Line is your direct link to me for complaints, suggestions, or comments. It's not intended to replace the chain of command. When normal command and agency channels haven't been able to resolve your concerns, call 7-2324, fax 7-5367, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Bldg. 1085). You may remain anonymous; to receive a reply, leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.



48th Fighter Wing commander

## Soccer season cancellation

**I'm calling in reference to the intramural soccer season that's been canceled. The fitness center says it's because they only have seven teams out of eight available. Me and some of the other coaches had gotten together and come up with a schedule that would allow them to not cancel the season, but they act like it's a waste of time and I was wondering how they could do that, and deprive us of the chance to stay fit?**

The Fitness and Sports center is commit-

ted to providing quality service and combat support through fitness and recreation programs. This year's initial soccer registration did not draw the eight team minimum to offer an intramural soccer season. We are attributing this to real world commitments and the current operations tempo. Although seven teams registered, based on historical data and anticipated forfeitures, the fitness center staff did not recommend a league with minimal competition. However, the fitness center staff did not just give up, they began advertising to seek additional personnel interested in joining teams so we can offer an intramural soccer season.

Again, prior experience indicates at least eight teams are required to have a good round-robin competition—otherwise you end up playing the same teams over and over. Please help us spread the word and encourage squadrons to register their teams for this year's season.

Call the Fitness Center staff at ext. 7-6244 for answers to any questions or to

**See Action lines, Page 4**



## Airpower can conduct parallel operations at all levels of war, simultaneously...

*Whereas to shift the weight of effort on the ground from one point to another takes time, the flexibility inherent in Air Forces permits them without change of base to be switched from one objective to another in the theater of operations. – Field Marshall Bernard Montgomery.*

The size of an army is usually determined by the size of the enemy's army (or that of the coalition arrayed against him), because the goal of the commander is to win the counterforce battle. Once that is achieved – and that can take a long time and be quite costly – the army can be used for such things as occupation and administrative duties, but that is not its main purpose, and in any event such tasks can be effectively conducted by police or other paramilitary forces. On the other hand, the size of an air force is not so dependent on the size of the enemy air force because fighting the air battle is only one of the many missions that air power can conduct. More importantly, these other missions, such as strategic attack against centers of gravity, interdiction operations, or close air support of ground troops in combat, are of potentially greater significance and can be conducted contemporaneously with the air superiority campaign.

Parallel operations occur when different campaigns, against different targets, and at different levels of war, are conducted simultaneously. Unlike surface forces that must

### Airpower videos

Today through Thursday, the commander's access channel shows four videos daily. They are "Legends of Airpower; Doolittle," at 6 p.m., squadron commanders' videos at 7 p.m., "Gulf War Airpower" at 10 p.m. and "Legends of Airpower; Arnold" at 11 p.m.

generally fight sequentially and win the tactical battle before they can move on to operational or strategic objectives, air forces can fight separate campaigns at different levels of war. While carrying out the strategic mission of striking a country's armaments industry, for example, air power is able to conduct an operational level campaign to disrupt an enemy's transportation and supply system. Meanwhile, an air force may also be attacking an opponent's fielded forces at a tactical level. This is precisely what occurred in Desert Storm. While F-117s, F-15s, F-111s and Tornados struck Iraqi nuclear research facilities, oil refineries and airfields, F/A-18s, F-16s and Jaguars bombed rail yards and bridges in southern Iraq to reduce the flow of troops and supplies to the Iraqi army. At the same time, A-10s, AV-8s and helicopters flew thousands of sorties against Iraqi troops and equipment in Kuwait. In sum, although one never refers to a tactical and strategic army or navy, one does talk of tactical and strategic air forces. It is of great significance that one can do so, acknowledging air power's flexibility. Similarly, air power can concurrently conduct different types of air campaigns at the same level of war, such as an air superiority campaign and a strategic bombing campaign. Indeed, it may even

be implementing a third or fourth separate strategic campaign as during World War II when at the same time it was bombing German industry and contesting with the Luftwaffe for air superiority over Europe, it was also winning the Battle of the Atlantic against German submarines and choking off the reinforcements to Rommel's troops in North Africa.

Finally, and perhaps most importantly, airpower's speed and range allow it to strike targets across the entire depth and breadth of an enemy country. Aircraft do not have to disengage from one battle in order to move to another – an extremely risky and complicated maneuver for land forces. Once having disengaged, aircraft do not have to traverse muddy roads, cross swollen rivers or redirect supply lines in order to fight somewhere else. An excellent example of this was given by the Israeli Air Force in the 1973 Yom Kippur War. The Israelis constantly shifted air power from the Sinai front to the Golan Heights front, from interdiction to close air support, and they were able to make these shifts on a daily basis over a period of several weeks. Such parallel operations can also have parallel effects, presenting an enemy with multiple crises that occur so quickly he cannot respond effectively to any of them. The most devastating

demonstration of this was during the first two days of the Gulf War when hundreds of coalition aircraft hit, among other targets, the Iraqi air defense system, electric power plants, nuclear research facilities, military headquarters, telecommunications towers, command bunkers, intelligence agencies and a presidential palace. These attacks occurred so quickly and so powerfully against several of Iraq's centers of gravity that to a great extent the country was immobilized and the war decided in those first few hours. It was extremely difficult to move troops and supplies, give orders, receive reports from the field, communicate with the people, operate radar sites, or plan and organize an effective defense, much less contemplate an offensive counterattack. Bearing in mind air operations were at the same time being carried out against Iraqi forces in Kuwait, one can appreciate the impact parallel operations can have on an enemy. It's the "brain warfare" envisioned by J. F. C. Fuller, only at the strategic, rather than the tactical or operational levels of war. It has long been the goal of military commanders to paralyze an enemy rather than fight him, to sever his spinal column (the command structure) not grapple in hand-to-hand combat. Parallel air operations now offer this opportunity. Flexibility, a key attribute of airpower, is never more clearly illustrated than in the conduct of parallel operations.

## Action lines

### From Page 3

register your team. Even if we can't get eight teams, we are planning to press ahead with the season for the seven registered teams if they still wish to

play and participation remains reasonable. The season will begin on 1 June 99.

### Trash service

**I live in Lakenheath housing on the secure side. My concern is the new trash service that's**

**coming around. I understand that they are trying to do better, but the problem is the new trash bins don't fit in the place where old trash bins did, so now it looks terrible in the neighborhood. I know the base saved money, but where we live now**

**looks terrible, and it makes living conditions worse.**

**Is there any way possible to get smaller bins to fit in the areas where old trash bins fit, and if not, give us place to put**

**See Action lines, Page 7**

## Action lines

### From Page 4

**trash cans so they're not left all over the neighborhood?**

Thanks for your call. Unfortunately, the progress we've made in taking care of the environment outpaced some of our housing facilities. Most of the housing at RAF Lakenheath is 1960s and '70s vintage. Back then, 20-gallon steel trash bins were the standard. These were heavy and unsightly, and that's the reason the small storage areas were placed in the front of the house.

To be environmentally friendly, meet United Kingdom and United States waste reduction requirements, and be more in line with off base and U.S. Air Forces in Europe standards, we have re-negotiated our refuse contracts to emphasis recycling and composting.

In RAF Lakenheath housing alone, we are saving \$58,000 in refuse costs by using the new wheely bins. Our enhanced recycling efforts will meet an estimated 49 percent of the 40 percent solid waste reduction goals mandated by the Department of Defense for 2005.

We realize the new bins don't fit into the older storage areas, but with the new contract, smaller bins wouldn't be adequate for most families to store their trash between pickups. For now, we ask that you store your wheely-bins around in back of your house. Your recycle bins should still fit in the shed in front. As we renovate our older houses, we will be considering the new refuse standards and trash "storage" in the design.

Thanks for you call. I'm sorry that we won't be able to solve your problem in the near term, but we will consider it in future plans.

### Vet clinic phones

**I have had multiple recurrences of the same problem. The veterinary clinic at RAF Feltwell never answers their phones. Instead, an answering machine picks up all calls and gives the hours of the clinic and the times people should call for an appointment, which is from 8 to 11 a.m. The problem is between 8 and 11, the calls are never answered, unless it originates from on-base.**

**The last time I was there, I observed a member of the staff go over to a phone and look at it. I asked what they were looking for and they said "I can see who's calling." Throughout the conversation I realized the only reason I got the appointment I was at was because after calling dozens of times from home off base, at various times getting the answering machine, I had once called from on base, and someone answered the phone.**

Thank you for bringing this situation to our attention. I discussed your complaint with the staff at the RAF Feltwell Veterinary Clinic. Unfortunately, we are currently work-

ing with one civilian receptionist and one military technician, and during times when they are both assisting clients, it's very difficult to answer the phone to respond to questions or to make appointments.

To remedy the situation and set realistic expectations, we implemented the following procedures. The appointment call-in time will be from 9 a.m. to noon Mondays.

During this period the telephone will be answered 100 percent of the time by a staff member. Clients desiring an appointment for vaccinations, surgeries, exams, etc. should call in during this time.

At other times, the receptionist will answer the phone, if possible, but her primary responsibility will be to assist patients and clients waiting to be checked in or out. During these times the answering machine will be connected to receive calls.

The clinic staff will make every effort to return calls promptly.

If your call is not returned within 24 hours, call Jerry LaFrance, business operations flight chief, at 7-6137.

The types of care available at the vet clinic include: vaccinations, limited surgery (such as neutering and spaying), de-worming, and treatment of common illnesses. Referrals will be made to veterinary services in the local area if the situation is beyond the capabilities of the clinic.

### Bankers' hours

**Is there any way that Keesler Federal Credit Union and NationsBank could stay open later than 3:30 p.m.? Many people work night shifts and a minimum of 14 hours a shift. I come to work at 4:30 p.m. and leave at 6 a.m. I thought all these organizations were here to support us.**

Thanks for giving me an opportunity to explain the banking situation at RAF Lakenheath. Both the Keesler Federal Credit Union and the Community Bank are here to support you.

However, costs are always a consideration. Credit unions on military installations are private entities and independently establish their hours based on the market they serve. Stateside banks on U.S. installations are either private-branch banks or private independent banks, and they also set their own hours based on market demand. But overseas banks are military banks. In U.S. Air Forces in Europe, our military banking facility is Community Bank.

The Department of Defense awards five-year contracts to run Community Bank. NationsBank is the current contractor, but regardless of who runs it, our bank is still Community Bank.

Because the government must pay the contractor to run bank, the funded hours are fixed by contract.

Thus, the base can only shift available hours around subject to USAFE/FM approval; we cannot add to the total.

Last year, we requested approval to extend hours until 6 p.m. Wednesdays by

**In Memory of  
Jesse Follensbee  
Oct. 20, 1997 - May 9,  
1999**



### For the Love of Jesse

*As you enter Heaven's embrace  
Let us remember your smiling face  
When Jesus takes you by the hand  
Let music play from heaven's band  
May angels keep you day and night  
Never in darkness, only His light  
Your joyful spirit we now impart  
Loving you Jesse with all our heart!*

This poem was written by Karen Currence in memory of Jesse Follensbee who passed away May 9.

opening the bank later each morning. For several reasons, the extension was only approved until 4:30 p.m.

Since Nov. 16, the established bank hours have been 9 a.m. to 3:30 p.m. Mondays, Tuesdays, Thursdays and Fridays; 9:30 a.m. to 4:30 p.m. Wednesdays, and 9 a.m. to noon Saturdays.

We think you're right, so we're going to re-engage with USAFE and try to extend Wednesday hours to 6 p.m., but we can make no promises on the final outcome.

Just to be clear, if we are successful, those extra hours will probably result in later opening times during the rest of the week. We need to hear from the community if that trade-off is undesirable.

In the meantime, we ask you to take advantage of the numerous automatic teller machines around the community.

For your information, we have installed new ATMs at RAF Feltwell and the 48th Street Café.

# 442nd Combat Regiment fought two battles



Photo from Chester Tanaka's "Go For Broke"

**Members of the 100th and 2nd Battalions of the 442nd Regimental Combat Team march to attack Bruyeres, near the German border during World War II.**



**By Lt. Col. John Amrine**  
**5th Space Surveillance**  
**Squadron commander**

*It's an honor to write an article about my own Japanese-American heritage for the Air Force's Asian-Pacific Heritage Month. While this story focuses on Japanese Americans, it's written in honor of all Asian-Pacific Americans. All of these races have greatly contributed to the success and richness of America. This story is about the most decorated soldiers in American history – the famous World War II Army 442nd Regimental Combat Team – men, who like the Tuskegee Airmen, had to fight two wars, one on the battle front and one at home.*

December 7, 1941, America's isolationism was shattered by the surprise attack on Pearl Harbor. With this one act, America's entry into the Pacific theater was sealed. This one act also heightened the war at home against Americans of Japanese ancestry.

February, 1942, President Franklin D. Roosevelt signed Executive Order 9066, authorizing the war department to incarcerate approximately 120,000 Japanese-Americans, 70,000 of whom were native-born American citizens, into 10 camps across the United States. The incarceration of these Japanese-Americans lasted from 1943-1945, and during this time, these Americans were stripped of their right of due process, forced to sell their property and leave their homes, and most importantly, robbed of their dignity.

The average height of these Japanese-Americans was about 5 feet, 4 inches; their average weight was 125 pounds; they had almond eyes and brown skin; and they liked rice. They had funny sounding names like Kazumara, Hirata and Inouye, but they liked baseball and big band music.

They were, for the most part, second-generation Japanese-Americans, and their country was just attacked by the Japanese empire.

What were they to do? Were they Japanese or American? Where should their loyalty lie? These were the questions facing them. The American government answered some of them by eliminating Americans of Japanese descent from the military. However, the war department eventually recognized that the formation of an all-nisei, or second generation, unit would be a good way to counter Japanese propaganda emphasizing the discrimination Japanese-Americans faced because of their race.

February 1, 1943, Roosevelt announced the formation of the 442nd Regimental Combat Team with the famous words "Americanism is not, and never was, a matter of race or ancestry."

The original plan called for a quota of 3,000. More than 12,000 volunteered to defend their country. While the unit was in basic training, they adopted the Hawaiian crap shooter's cry "Go for Broke." The unit was willing to lay it all on the line, and they did.

March, 1944, the 442nd was shipped to Naples, Italy, and in June saw their first combat in the Rome-Arno campaign at Belvedere and Sassetta. In the next few months, they cleared the Germans from their positions in Leghorn, Pisa, and Florence. To gain 40 miles, they suffered 1,272 casualties, roughly one-fourth of their troop strength. In September and October of 1944, they faced even stronger opposition liberating the towns of Bruyeres, Belmont and Biffontaine. In late October, they were ordered to rescue members of the 141st Regiment's 1st Battalion, caught behind enemy lines. The successful rescue of the 1st Battalion resulted in 800 nisei casualties. They rescued 211 men. In March, 1945, they attacked Nazi strongholds in the Italian Apennines Mountains. By mid-May, the war in Europe was over. In 225 days of combat, the 442nd suffered the highest casualty rate and was the most decorated unit for its size and length of service in American history. More than 700 had been killed, and the number of wounded was three times the strength of the regiment. July 15, 1946, President Harry Truman received the 442nd on the White House lawn and stated "You have fought not only the enemy, but you fought prejudice – and you have won."

As we celebrate Asian-Pacific month, we need to remember that all Asian-Pacific races serving in the military are ready to "Go for broke" in defending American's freedom. (*Armine is a third-generation Japanese-American, or sansei. His uncles were members of the 442nd.*)

# LibertyWing members invited to Memorial Day Ceremony May 31

The Third Air Force, the U.S. Embassy in London and RAF Lakenheath host the 55th annual Cambridge-American Military Cemetery Memorial Service at 11 a.m. in Cambridge May 31.

The event honors the memory of the American World War II dead who helped achieve victory in Europe against the Axis powers. Base officials expect more than 1,000 people to attend the event which features guest speakers, a wreath laying and a 21-gun salute.

The Cambridge American Military Cemetery is one of 14 American World War II military cemetery memorials erected on foreign soil by the American Battle Monuments Commission. It was established as a temporary military cemetery in 1943 on land donated by the University of Cambridge. The site was later selected as the only permanent American World War II military cemetery in the British Isles and was dedicated July 16, 1956. A large number of the 3,812 American servicemen and women interred there were crew members of British-based American aircraft. Most of the others were killed in the invasions of North Africa and France, in the training areas of the United Kingdom and in the waters of the Atlantic.

## People First:

# Air Force recruiting gets boost from TV

If you were among the many who watched the Cincinnati at Memphis National Collegiate Athletic Association men's basketball game Feb. 27, you were among the first to see the birth of a series of paid commercials in support of Air Force recruiting. These spots offer a message of belonging to an organization with a proud history and tradition, as well as a message to join an organization that has an important job to do.

Up to this point, all Air Force television advertising was done by means of public service announcements. Now, you will see Air Force advertisements regularly during such prime-time events as the televised "March Madness" college basketball games. The NCAA TV ad campaign continues through March 29. Air Force commercials will continue to run in major metropolitan markets throughout the spring and summer.

Why the change? The Air Force is facing an extremely challenging recruiting environment in which today's youth have

greater employment and college opportunities to choose from. At the same time, our smaller force means a declining veteran population and fewer bridges to connect young people to military service. All of this results in reduced inclination among America's youth to consider joining the military.

Television is an important source of information for our target recruiting audience, as well as for members currently on the Air Force team and for the American public we serve. Paid TV advertising can help increase awareness among all of those audiences of what the Air Force contributes to national security; it can also help develop a sense of pride in and among Air Force people, and the young people the service is trying to recruit.

The time is right for the Air Force to have a television presence.

So, watch for your Air Force in the midst of your favorite NCAA tournament games, and look for us in other programming throughout the year.

## Board selects officers for promotion to captain, major

RANDOLPH AFB, Texas (AFPN) — The Calendar Year 1999A Major Central Selection Board for Line, Judge Advocate General, Chaplain, the Medical Service, Biomedical Sciences and Nurse Corps selected 2,243 captains for promotion to major.

The CY99A Captain Central Selection board for JAG selected 31 first lieutenants for promotion to captain. The selection board convened at the Air Force Personnel Center here March 8. Selection statistics in-the-promotion zone for major:

□ 1,689 Line captains selected from 1,953 considered for a 86.5 percent rate;

□ 60 JAG captains selected from 68 considered for a 88.2 percent rate;

□ 18 Chaplain captains selected from 23 considered for a 78.3 percent rate;

□ 57 MSC captains selected from 70 considered for a 81.4 percent rate;

□ 100 BSC captains selected from 117 considered for a 85.5 percent rate;

□ 218 NC captains selected from 258 considered for a 84.5 percent rate;

Selection statistics above-the-promotion zone for major:

□ 69 Line captains selected from 536 considered for a 12.9 percent rate — 2 JAG captains selected from 8 considered for a 25 percent rate;

□ 3 Chaplain captains selected from 8 considered for a 37.5 percent rate;

□ 6 MSC captains were selected from 13 considered for a 46.2 percent rate;

□ 6 BSC captains were selected from 13 considered for a 46.2 percent rate;

□ 15 NC captains were selected from 45 considered for a 33.3 percent rate;

Selection statistics in-the-promotion zone for captain

□ 31 JAG first lieutenants selected from 31 considered for a 100 percent rate.

**The following Lakenheath members were selected for promotion to captain:** Angelita Brubaker, Charles Hornback, LeeAnn Smith, 48th Medical Operations Squadron; Carl Champion, 48th Aerospace Medical Squadron; Greg Forsyth, Claude Grigsby and Andrea Vinyard.

**The following Lakenheath members were selected for promotion to major:** Christopher Chelales, James Coley, Jamie Damsker, Ellis Dinsmore and James Harvey, Joseph Simile, George Waring, 494th Fighter Squadron; Jeffrey Hunt, 48th Security Forces Squadron; Carl King, Amand Heck, 48th Operations Support Squadron; Kristen Nelson, 48th Contracting Squadron; Clifford Stansell, 48th Equipment Maintenance Squadron; Don Watson, Jerry Weihe, Travis Willis, and Gregory Wilson, 492nd Fighter Squadron; Mary Hornback, 48th MDOS and Charles Malone, 48th AMDS.

## Band performs at Lakenheath

The U.S. Air Forces in Europe band, 5 Star Brass, will perform at various locations on base today:

**10:30 a.m. -- Component Repair Squadron sensors section;**

**10:45 a.m. -- CRS' hardened avionics section;**

**11:30 a.m. -- Service's picnic at Freedom Park**

**1 p.m. -- Family support center**

**1:30 p.m. -- Transportation squadron**

**TBA -- Wings of Liberty Memorial Park, weather permitting;**

**6:30 p.m. -- British American Committee golf tournament dinner.**





Photo by SrA. Scott Asche

### ***Liberty Warriors: 48th Electrical and Power Shop***

From left to right: SMSgt. Rick Willet, SSgt. Howard Yard, Gen. John Jumper, United States Air Forces in Europe commander, A1C Eric Black, Ron Baxter, and MSgt. Kurt Halbisen.

According to the citation, the unit received the award for outstanding support to the 48th Fighter Wing during the Surety Inspection, Mar. 23 to April 1. Extensive knowledge and active management of the unit's lightning protection and emergency back-up power systems ensured these systems complied with criteria that were twice as stringent as USAF standards. The testing and maintenance action documentation was flawless ensuring accurate trend analyses. Locally developed maintenance tracking forms and coordination sched-

ule eliminated unexpected site conflicts and ensured they met timing criteria. The unit's effective utilization of automated products, execution of an aggressive maintenance schedule, and coordination with critical facility users placed the facility program at the top of those seen in the past 18 months. Their achievements earned them the USAFE Inspector General Award of Excellence for exceptional performance.

Others who were not able to make it to the award presentation, but contributed to the flights accomplishments were TSgt. Lawrence Payte, SSgt. Mark Brown, SSgt. Gary Szekely, SSgt. Derek Ducharme, SrA. Brent Raun, A1C Andrew McClendon, A1C Charles Collins and A1C Adrian Shine.

## **News notes**

### ***Bond campaign slated***

The 1999 Air Force Savings Bond Campaign occurs in June. The bonds are easy to purchase, safe and may provide tax savings when used to finance higher education, according to 2nd Lt. Russ Carpenter. For additional information on the bonds call 7-2549 or visit the web site at:

[www.publicdebt.treas.gov](http://www.publicdebt.treas.gov).

### ***New policy at post office***

Only designated postal clerks and official post office volunteers are authorized unescorted entry into the RAF Lakenheath Post Office postal processing area, According to the DoD 4525.6-M, DoD Postal Manual. All others must be escorted and kept under surveillance.

Due to this Department of Defense man-

date and local manpower constraints, organizations are requested to designate one or more volunteer mail clerks who will escort flyer-pitching teams from their own agency. The procedure is meant to ensure that personal and official mail is processed in a timely manner. Volunteers are not restricted to escort duty and are invited to assist the permanent staff in distributing mail any time postal operations are in progress.

Training takes 15 to 30 minutes and covers U.S. Postal Law, local postal processes, workcenter safety hazards, and emergency evacuation procedures. To schedule training, call 7-5464.

### ***Housing office closure***

The 48th Civil Engineer Squadron Housing Office is closed May 31 and is open from 8 to 11:30 a.m. and 1 to 4 p.m. June 1. The unusual

hours are due to the British and American holiday schedule. No appointments can be scheduled for June 1. Call 7-2804 for more information.

### ***TRICARE information changes***

The e-mail address to get TRICARE information sent to requesters electronically is:

[tricare-on@cscdmail.medcom.amedd.army.mil](mailto:tricare-on@cscdmail.medcom.amedd.army.mil).

To get on the electronic mailing list, send a message to the address. Don't use a subject on the message; and leave the body of the message blank.

Once people join the on-line mailing-list group TRICARE news releases, they'll receive an electronic copy of each news release about policy or rule changes, new benefits, etc., as soon as they're published.

# When lightning strikes, head for cover!

**By MSgt. Ronald Trout**  
Chief, weather station operations

**S**evere weather resource protection is a force protection and a combat capability issue. The process is a team effort starting with quality weather observing and forecasting to alert the base populace, and relies on quick action taken by operators, maintainers, and support personnel at RAF Lakenheath to protect valuable combat resources.

The 48th Operational Support Squadron's weather flight supports the 48th Fighter Wing combat war fighters in their operational and training missions and provides resource protection to RAF Lakenheath, RAF Feltwell, including the Department of Defense schools. Resource protection provides ample notification to base agencies and the base populous of potentially hazardous or damaging weather conditions expected at the two bases.

To accomplish this, the weather flight works hand-in-hand with the 100th Operational Support Squadron's weather flight at RAF Mildenhall and the Operational Weather Squadron, located at Sembach AB, Germany, to provide around-the-clock coverage throughout the year.

Once potentially damaging weather is identified, the notification process kicks into gear. The Automated Weather Dissemination System is used to notify agencies such as the command post and base operations of issued weather watches and warnings. From there the process becomes much like a pyramid telephone recall notification as the command post notifies further agencies and base operations alerts agencies via the secondary crash phone.

Each squadron is responsible for ensuring satisfactory notification procedures are in place. For certain warnings, the command post will activate the giant voice system to immediately notify everyone on base. These systems enable the weather flight to get the word out in a timely manner.

The important thing to remember about the severe weather season is that for the most part it pertains to "Severe Thunderstorms" and the elements they produce, such as strong tornadoes, large hail and strong winds.

Although these are more prevalent in the U.S. and our Medi-

terranean bases, they are not an impossibility in East Anglia. As far as tornadoes go, Lakenheath had some activity last year. Those tornadoes were very weak when compared to their Midwest U.S. counterparts. This is due to the atmospheric dynamics involved in producing them here are drastically different than what occurs in "Tornado Alley." Even though the base would likely have to take a direct hit to a facility to receive any significant damage, you should never let your guard down. Always take appropriate protective measures when any tornado is approaching, especially if you're outdoors.

By far the biggest threat to our people is lightning strikes. During the period of April through October 1998, Lakenheath Weather issued 32 warnings for observed lightning within five nautical miles. The important thing to remember is that these are issued after the first strike has occurred. Therefore, personnel need to pay attention to the forecasted lightning watch that's issued when lightning conditions are expected within 30 minutes. Flightline personnel in particular need to be very aware of changing sky conditions and be ready to take cover. Squadrons are responsible for ensuring their notification procedures are up-to-date and timely.

One last thought on severe weather season – and climatology bears this out – the Lakenheath community may actually be leaving the period of severe weather, this being in the form of high winds. As we transition to the summer months, however, our attention should be on the most likely culprit, lightning. Although by definition, lightning is not necessarily an indicator or verifier of a severe thunderstorm, it is still a potential killer, even if it's produced by a seemingly harmless "gully washer."

For those amateur storm chasers who are familiar with the 60,000-foot super-cell thunderstorms of the U.S., typical thunderstorm tops in the U.K. can be as squat as 10-15,000 feet. Don't dismiss seemingly mundane storm clouds as nonthreatening.

It's important to remember that people can't avoid all the consequences of a direct hit by a powerful storm. But, with advance notice and application of the Liberty Wing's hallmark of teamwork, people can limit damage and more importantly, protect the community.



# Dirty bird *JAMS* at RAF Lakenheath

By A1C Russ Martin  
48th Fighter Wing public affairs

Eyes were fixed on one individual eating lunch in the chow hall. "Jamal Anderson! You're Jamal Anderson man," said one giddy admirer.

Airmen began to line up to receive autographs from the Atlanta Falcons' star running back after his lunch. After the airmen received their autographs, they headed back to duty, with star-struck expressions.

I was invited to meet with the superstar May 14 during his visit to RAF Lakenheath and RAF Mildenhall to promote the Extreme Games summer kick off and to spend some time with service members participating in the current Kosovo air campaign. Travis Hall, Falcons' defensive lineman, also made the trip to Lakenheath.

Eagerly accepting the invitation, misconceptions, stereotypes and intimidation flooded my mind. But I soon found I was completely wrong. Hanging out with Anderson was like hanging out with a high school buddy. The man nicknamed "Jam" likes being a role model for teens and aspiring athletes.

Talking to Jam, the first thing I noticed was his realism. He's not the egotistical, "my way or the highway" stereotypical superstar athlete. He gives credit where credit is due when it comes to playing football.

"It's hard to bounce and avoid defenders," said Jam. "But it's even harder to be on the receiving end trying to stop them."

"If I am running with the ball and you're in front of me, you are the only thing I see," said Jam. "Well, if you stop me..." he laughed, "it will hurt both of us, but you saved a touchdown."

At 26, Jam's career has been remarkable. He's a premier running back in the National Football League, holds team and NFL records, is the founder and president of his own entertainment business and is now traveling to military bases worldwide during the off-season to promote youth programs and positively influence the youth of America.

Anderson made the Dirty Bird, the touchdown celebration dance, famous during the 1998 NFL season with his outstanding stats. He assured himself a Hall of Fame bid during the season, receiving 410 carries setting a new NFL single-season record, 16 touchdowns for a Falcons' single-season record and for the third straight season rushed for more than 1,000 yards.

Throughout his life, Jam has kept a balance between football and education.

Jam went to El Camino Real High School, about 30 miles north of Los Angeles, where he was named All-League, All-Region and All-Valley among other titles. After high school he attended Moorpark Junior College close to home for two years before finally heading off to the University of Utah. To most, it might just be statistics, but for me, I grew up less than 10 miles from there in Thousand Oaks. For this airman, Jam was an inspiration.

Jam chose Utah over a variety of other schools. He liked Utah, he said, because it emphasized education as well as athletic skills.

Jam stressed these points to the excited students at RAF Lakenheath High School. The students found it hard to restrain themselves as Hall and Jam dished out smiles like it was candy from their pockets. The two players brought the students to their feet when they entered the gym. But the added feather in the cap of the next generation of athletes, teachers, politicians and lawyers was the Dirty Bird dance, which Jam taught some of the admiring students. But it wasn't all dancing and hugging for Jam. He talked to the students about the importance of focus, persistence and keeping your head up – no matter what the circumstances.

After deliberation, a poll by my peers and a quick breath, I asked the one question everyone wanted to know:

"Jam, playing ball out here, we don't have to worry about being hit by someone like six foot-one inch, 294 pound, John Randel (Minnesota Vikings linebacker). It is beyond most people's comprehension. How does it feel? Could you give us an idea?"

"It hurts," he said laughingly. "The object is to avoid them, outrun them and bounce back quick and just keep going."

People come to see him. It's NFL history: It is Jam's childhood dream straight up the ladder. Brown was less, Brown was life.

"My parents... Anderson. 'Everything I do..."

One of eight since he was a spotlight surrounded of security for Muhammad Ali friends with Muhammad Ali. born. Also, for would cut Jam Anderson how and Donna Summer.

More remarkable tude.

Inspiring people does best, according to

"I watch him series on the film inspires me," said "I guarantee you ter his great se go out there a it or do him o

But still, th helping out th

"This is wh day for the kid



Photo by SrA. Louis Rivers

Jamal Anderson returns a football card to a fan after autographing it at the Knights Table Dining Facility here May 14. Anderson signed hundreds of autographs and posed for dozens of photos while making appearances at RAF Lakenheath's Fitness and Sports Center, youth center and high school.

## Extreme Summer

The 48th Services Squadron is setting the stage for another extreme summer.

This year United States Air Forces in Europe Services is partnering with Columbia Pictures TriStar to bring 'Hollywood' to USAFE.

Each month, June, July, August and September, three USAFE teens will win a VIP trip to Los Angeles to attend an exclusive Hollywood movie premiere. Three USAFE teens and their families will attend the premiere of "Big Daddy," starring Adam Sandler in June; "Dick," starring Michele Williams and Kirsten Dunst in July; "Blue Streak," starring Martin Lawrence in August; and "Random Hearts," starring Harrison Ford and Kristen Scott Thomas in September.

Extreme Summer is a USAFE program for young adults 13-18 years old. USAFE young adults participate throughout the summer in a variety of activities to earn Extreme Summer points. USAFE bases are divided into three regions: The Zone (large bases), The Wall (medium bases), and The Edge (small bases and GSUs). RAF Lakenheath falls under The Zone.

Teens can do hundreds of activities to earn



# Kenheath

compare the versatile running back to one of the best in Hall of Famer Jim Brown, who, by no coincidence, is a hood hero. He's the one Jam modeled his middle, bruising technique after. Nevertheless, it was not the only one who affected Anderson's

ts played a tremendous part in my life," said Anderson. "They're my role models and they influence ev-

ht children, Jam has been playing football since he was seven years old, and is used to being in the spotlight surrounded by stars. His father, James, was chief of police for sports stars and Hollywood entertainers. Anderson used to entertain Anderson and his friends with magic tricks when he came to visit. "Uncle" Anderson was in the waiting room when Anderson was visiting former Los Angeles Lakers guard Byron Scott and his hair as a kid. Other guests to visit the Anderson household included Mike Tyson, Richard Pryor and Jim Belushi.

Remarkable than Jam's career is his atti-

people is something Jam

According to Hall,

Jam has a great

field and it

said Hall.

you, af-

ries, I'll

and match

one better. He can inspire anyone."

Throughout the day, Jam's reactions and comments about

the children reinforced his reasons for being on the tour.

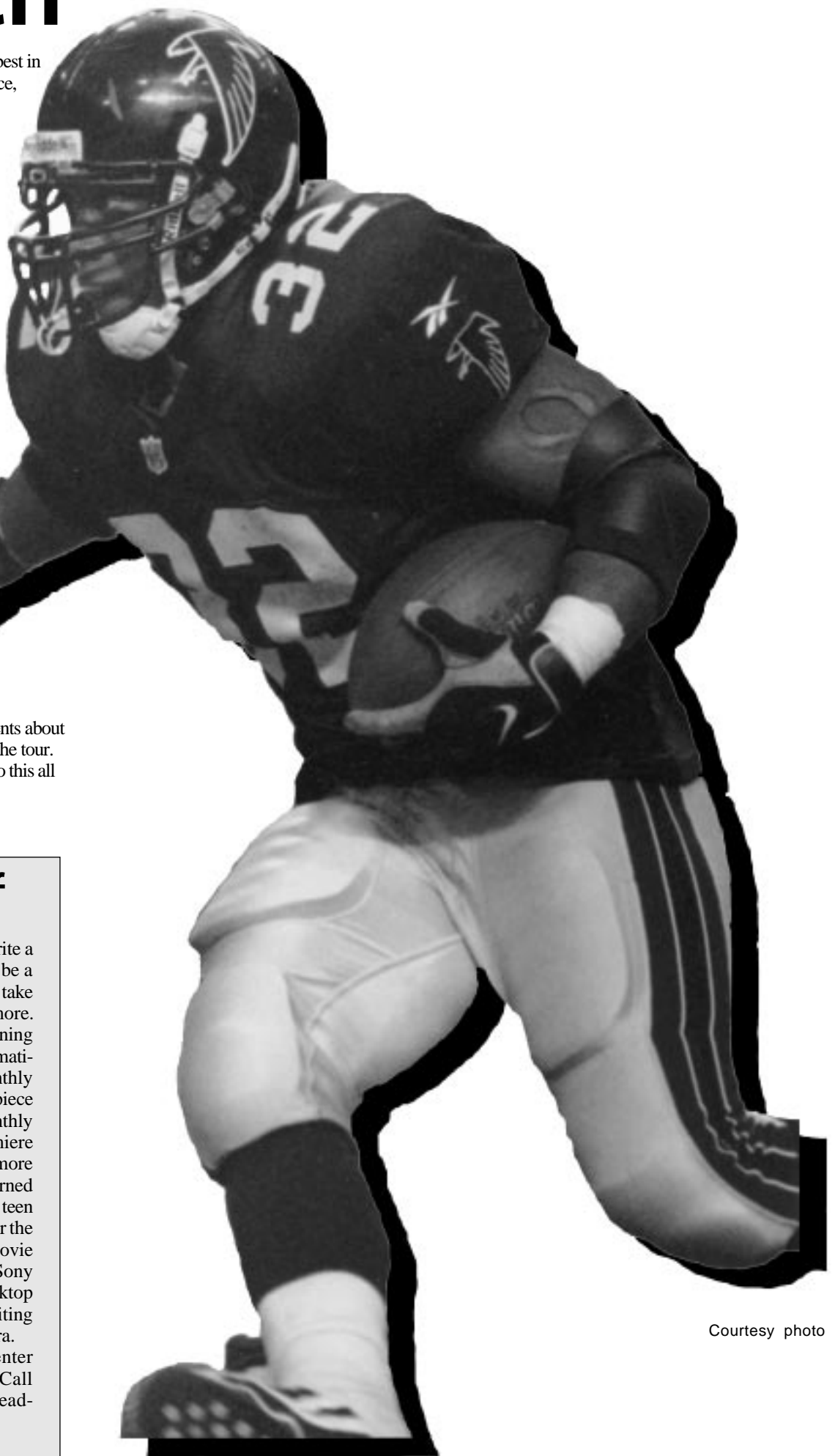
That it's all about the kids," said Jam. "I could do this all

is..."

## Summer Kick-off

points, such as read library books and write a review, attend youth program activities, be a volunteer, work the summer hire program, take family trips and keep a trip journal, and more. Activities earn 50, 100, or 150 points. Earning a minimum of 500 points each month automatically qualifies participants for the monthly random drawings. Every 50-point game piece earned equals one entry into the monthly random drawing for one of the VIP premiere packages. The more points you earn, the more entries you have in the drawing. Points earned all summer will be totaled on Aug. 31. One teen from each region with the most points for the summer will win a "Make Your Own Movie Package." The package includes a Sony Digital Studio Pentium II, 400 MHz Desktop computer loaded with digital movie editing software and a Sony digital video camera.

Teens can register at the youth center from 6 to 8 p.m. Monday to Saturday. Call the youth center, Extreme Summer Headquarters for details at 7-3180.



Courtesy photo

## Recognize the ground crews

# Maintainers keeps jets flying

**By 2nd Lt. Elaine Foster**  
**501st Expeditionary Operations Group**  
**Public Affairs**

We all hear the earth-shaking roar of the F-15C Eagles as they fling themselves from the ground into the sky. We all know of the daring pilots who risk their lives every time they fly a mission. What is known, but often overlooked is the selfless dedication and determination of the maintainers who keep our pilots safe and our birds in the sky. We see them every day, but what goes into work like that? One group of maintainers were replacing an engine on an F-15C. BDU shirts removed, the group bent their backs into muscling the heavy engine cart into place. Once the cart is in position, their serious faces melt into grins and they relax for a moment reveling their young ages.

Many of these maintainers are fresh out of high school, but their professionalism and easy confidence about their work makes them seem older than their years.

Careful adherence to safety guidelines and checklist ensures that each repair is done correctly and without mishap. Grease smudged pages mark some of the checklists that have been frequently consulted. Each tool is repeatedly accounted for and replaced into its foam housing in each tool kit prior to any engine run.

"The teamwork is pretty good," said TSgt.

James Robinson, 493rd Maintenance Squadron F-15C maintainer, as he carefully makes grease pencil marks on a plastic-sheeted page. "It takes time to build a trust. Trust that each person is going to do their jobs to the best of their abilities and not let anything slip.

"It's not like we have a handful of parts left over like when you're working on a car," he said. "We check and recheck every inch of our plane to make sure it's ready for flight."

Most of the current maintainers have been here since February. They work 12-hour shifts, six days a week. "If something comes up, we can trade out if there's someone at Lakenheath to fill the slot. But who wants to go?" said Robinson.

The main reason maintainers are trading out is to attend school. Training opportunities, like going to Airman Leadership School, are limited in a deployed environment, so when the chance comes up to go, it's taken.

"I've heard of a couple of guys who are trying to get their school dates pushed back," admits Robinson, collecting the last of the tools and putting them away in preparation for an engine run. "We're not encouraging that though. We need our people to be lean, mean and smart," he said. The maintainers hang back for the engine test.

The engine they had just installed in the



Photo by TSgt. Greg Suhay

SrA. Tim Dantner, 493rd Expeditionary Fighter Squadron, 48th Fighter Wing, RAF Lakenheath crew chief, cleans the canopy of an F-15C.

plane is revved up. For a moment, smoke spouts from the tail as the last of the oil is burned out, then nothing but the roar of jet blast battering the grass behind the flightline. All the maintainers straighten slightly for a moment, taking quiet satisfaction at another job well done.

## Wing Operations Center links 501st EOG

**By Senior Airman Connie Etscheidt**  
**501st EOG Public Affairs**

CERVIA AB, Italy — Airmen from several bases throughout Europe came together here as a team in February to create the Wing Operations Center.

The center supports the 501st Expeditionary Operations Group, in support of Operation Allied Force. The WOC is a combination of two functional areas — command post and maintenance operations center — that work together to keep higher headquarters, home bases and key group personnel informed of resources and 24-hour operations.

People working in the Cervia

WOC came from RAF Lakenheath, England; RAF Mildenhall, England; Spangdahlem AB, Germany; and Ramstein AB, Germany. According to Lt. Col. Steven Hopkins, WOC night shift officer-in-charge from Spangdahlem AB, accomplishing the mission with a group of people like this is not really too hard.

"Everybody's doing the job they're trained for," he said. "The capability of melding people from different organizations is a result of the continuous refresher and monthly training conducted at home stations."

Achieving their primary mission of information processing and keeping agencies informed has a major impact on the 501st

EOG mission here, according to TSgt. Dean Buck, command post operations center superintendent from RAF Mildenhall.

"We're the communication link of the 501st EOG between the deployed site and outside world," he said. "We're the nerve center of the deployment," added SSgt. Glenn Passmore, MOCC controller from RAF Lakenheath.

"Without teamwork in the WOC, information wouldn't flow timely and accurately."

Communications can also prove to be a difficult task while deployed because members can be unfamiliar to the operations.

"You've got maintenance on the ground and at the same time you're launching jets,"

Passmore said. "You've got to keep focused on what's going on."

"There's a higher tempo, more action and emotion, and it matters a lot more," said SSgt. Joe Fleo, MOCC controller from RAF Lakenheath.

But teamwork is an important source to help accomplish the mission, according to Buck and Passmore.

"Teamwork is vital with all these people who work from different areas," Buck said. "If you don't get the communication process going back and forth, no one will know what's going on, and you won't be able to get the correct information to the right people who need that information to do their job."



Photo by SrA. Delia Castillo

SSgt. Mari Blyler, 494th Expeditionary Fighter Squadron, 48th Fighter Wing, RAF Lakenheath, attaches a GBU-12 bomb onto an F-15E Strike Eagle at Aviano AB, Italy.



Photos by SrA. Stan Parker

## Lakenheath troops keep jets loaded!

At right, SrA. Mike Owens, 494th EFS, 48th FW, RAF Lakenheath, positions the bomb lift truck as a CBU-87 is loaded. Above, SSgt. Barry Mueller, 494th EFS, installs argon gas bottles in an AIM-9 missile.



# Summer a great time to get to know Britain



This is the time of year when people start to think about exploring the countryside. I have listed here a few things you might want to take a look at on your travels.

## Natural History Museum

Included in the first ever exhibition on historical British sea voyages will be specimens collected by Charles Darwin on his trip to the Galapagos Islands.

This is what prompted his book "Origin of Species." There will also be treasures never seen before by the public. "Voyages of Discovery" opens July 4 and continues all year. Admission is £6 for adults, concession is £3.20 and children £3. Call 0171 938 9123 for more information or visit [www.nhm.ac.uk](http://www.nhm.ac.uk).

## Norfolk's National Park

This beautiful area of Norfolk, known as the Norfolk Broads (note the language difference here) was made a national park ten years ago. It is a low-lying area of medieval man-made lakes, rivers and marshes dotted with villages and windmills and located to the northeast of the city of Norwich. The region offers some of Europe's finest inland sailing.

To mark the occasion, a celebration day will be held at Whitlingham Country Park, near Norwich on Aug. 6.

This free event will include puppet shows, a storyteller, woodland walks and boat trips in a wooden sailing barge called a Norfolk Wherry.

The wherries were once the main cargo carriers throughout the Broads. When the railways arrived, the wherry became much less used, and today only seven remain. Two, the "Hathor" and "Olive," provide regular trips throughout the summer.

Each has a captain and crew, so all you need to do is sit back and enjoy sailing in the Edwardian style. For information call 01603 610734.

## Well-dressing and the Black Death

The custom of well dressing – the intricate decoration of springs and wells with flowers and plants – goes back to ancient Briton and Roman times, and still takes place in Derbyshire and Central England. Early Christians regarded it as water worship, and it ceased. This year is the 650th anniversary of its revival at Tissington, a tiny village located southwest of Matlock in Derbyshire.

It was here in 1349 that the local people reintroduced the custom in order to give thanks that the village had escaped the Black Death – a plague that wiped out nearly half the population of England.

A leaflet listing more than 70 well dressings taking place this summer is available at the local Tourist Information Centres. A good number to call for more information is 01246 345779. To mark the occasion, an exhibition will be held at the Peacock Centre in Chesterfield between Aug. 14 – Sept. 4. (Note: Chesterfield is famous for the crooked spire on one of its churches – this can be seen for many miles.)

## Portsmouth naval exhibition

"The Sailing Navy" is a new permanent exhibition at the Royal Naval Museum in Portsmouth, Hampshire. It will feature the life of British sailors aboard a typical 74-gun ship in the 18th and 19th centuries, interactive exhibits and activities for younger visitors, four displays of naval actions around the world, and the world's most complete collection of naval medals. It's part of the Historic Dockyard – home to three great warships; Henry VIII's "Tudor Rose," Nelson's "HMS Victory" and the Victorian HMS "Warrior." Admission is adults £3.50, concessions £3 and children £2. To discover more about our military, maritime and aviation history browse the web site at [www.hants.gov.uk/discover](http://www.hants.gov.uk/discover).

## First 'Museum of Myths'

The ancient town of Shrewsbury, a short drive from the Welsh border, has opened Mythstories: the Museum of Myth and Fable. This is the brainchild of a local couple, and includes six galleries dedicated to different aspects of the history and art of story-telling. In addition to local folklore and legends, there are tales from China, India, Greece, Egypt and

Canada. The museum has a reading room and library, and a room where visitors can browse its web site at [www.mythstories.com](http://www.mythstories.com). For information, call 01743 357140. The museum is open Thursdays through Mondays until the end of October, then Fridays and weekends only.

Admission is £3.25 for adults, concessions £2.25 and children £1.75.

For more information about living in Britain, call me at 7-3145, or e-mail [linda.laws@lakenheath.af.mil](mailto:linda.laws@lakenheath.af.mil). Also, when I'm in the community, I often hear of the great ways in which base personnel do all manner of things to help people and organisations in our local community. If you are involved in a local project and would like to let other people know about it, let me know. It's great to highlight the good work of others and there is always space on my page for any photos you have of the work you are doing.



Courtesy photo  
**Music for charity**

SSgt. Israel Caughran, 48th Supply Squadron, plays his guitar for charity. Caughran is a member of the band, SPLAT. SPLAT performed with members of the band "footnote," made up of RAF Lakenheath high school students, at the Breckland Middle School, Brandon, May 14, to raise money for the Brandon Full Gospel Church food closet. SPLAT is made up of Caughran, SSgt. Dave Menard, RAF Mildenall, and Mike Rye, and plays for various youth groups in the local community, Club Beyond, the chapel's single group and, according to the band, anyone who wants them to play.

## Emotions raised in DODDS



By Andrew Zacharias  
DODDS  
Superintendant

The recent shooting incident in the high school in Littleton, Colo. has raised a variety of emotions and questions in all of us. We are sickened by the violence and needless loss of young lives. All of us, of course, feel enormous sympathy for the victims and their families. We wonder about what could cause students to behave in such a violent manner. More personally, we ask ourselves if such a thing could happen here.

Those who have studied similar incidents in the United States have noted three common characteristics of students involved in such serious violence at their schools:

- ☐ They are bright students;
- ☐ They are isolated from the main stream of the student body and may be the victims of bullying or teasing;
- ☐ There is a history of family problems.

Safe and secure schools are one of the strong, positive attributes of Department of Defense Dependent Schools. In addition, living in a country with strong gun control laws helps us all feel that there is very little chance that any of our

**See Story, Page 22**



Photos by A1C Joseph Lozada

### Liberty Tots

At left: Lora Wendel and Quintian Gamer play with a rocking fish at a Liberty Tots play session. Above: More members of the Liberty Tots play on bouncy cushions.

Approximately 250 families are enrolled in the play-group. During any given session, 20 to 50 families are present taking part in the Liberty Tots program.

For more information, call Lori Mellender at (01638) 715316 or Kathleen Kraemer at (01638) 533359.



## Briefs

### Air Command and Staff College

Recruitment for the nonresident seminar program is now underway. Eligible participants can be from any service component in the grade of Major select and above or civilian employees in the grade of GS-11 or above. This intermediate professional military education course meets three-hours per week beginning August 1999 and concluding June 2000. Benefits of seminar completion include: a condensed, 11-month lock-step completion schedule, Phase I Joint PME credit, accreditation for up to 27 semester hours of graduate level credit and an interactive learning environment.

Enrollment by July 2 is encouraged to ensure receipt of course materials prior to seminar activation in mid-August. Call 7-3851 or stop by building 991 for enrollment and/or additional program information.

### Summer 1999 enrollments

Summer 1999, Term V, enrollments for University of Maryland and Embry Riddle Aeronautical University are scheduled to begin

Monday and will run through 4 June. Classes begin June 7. For specific enrollment information, call 7-3195 or 7-2464.

### Kosovo briefings

The RAF Lakenheath Family Support Center offers individual consultations to parents and children concerning the 48th Fighter Wing's involvement in the current Kosovo

situation. For more information call Mike Cooley or Barbara Board at 7-3847.

### Charitable funding

Any organization interested in receiving funds from the RAF Lakenheath Officers' and Civilians' Spouses' Club should contact Sue Reese at (01842) 827527 by Saturday.

### Family support center aid



MSgt. Patrick Doan, 48th Mission Support Squadron, is **THE** Liberty Wing contact for families with deployed members. People who have questions or need help can reach him in the RAF Lakenheath Family Support Center at (01638) 523847 during duty hours or through the command post at (01638) 524800 after duty hours.

A car care program is offered for families with deployed members. The program, paid by Air Force Aid, allows each family to have an oil change, lubrication and a 14-point safety check on the primary family vehicle.





Photo by SSgt. David Griffith

## Menu munchies

Jerry LaFrance, chief of business operations for the 48th Services Squadron, points out new kitchen equipment installed at the Liberty Club to Lt. Col. Frederick Ryder, 48th Support Group vice commander. The equipment was installed to bring the club in line with new Air Force standards.

## Services

### Story hour

The May story hour for pre-school and elementary school students at the RAF Lakenheath Library is about English folk tales. Story hour is from 3:30 to 4:30 p.m. Wednesday. For details, call 7-3713.

The RAF Lakenheath Library sponsors English Folk Tale stories told by Polly Howat Wednesday. She tells stories about Cambridge, Norfolk and others areas. This free event takes place at 3:45 p.m. for children 4 to 6 with parents; at 4:30 p.m. for children 7 to 12 with

parents. For more informatoin, call 7-3713.

### Creative memories classes

The RAF Feltwell Community Center sponsors "creative memories" classes where people can create their own album. Classes are today, Tuesday and May 29. People can sign up a variety of classes. Each class is \$10, except crop 'til you drop, which is \$12. Call 7-7023 for more information or to sign up.

## Story

### From Page 21

students would come to school armed.

Nonetheless, we have a responsibility to take nothing for granted and be vigilant. In almost all cases, there have been "signals" prior to the shootings. These included comments to friends and parents, written work provided to teachers, and messages sent out on the Internet. Parents, students, and school staff all need to be alert to these signals and to report suspicions to the school principal or local law enforcement officials.

Let's all work together to ensure that we keep our schools safe and violence free.

### Teach the teacher

Volunteers are needed for a few hours June 5 at 2:30 p.m. at the Mildenhall Chapel to sit in on a focus group addressing unique issues military children and their families face in relation to Depart-

ment of Defense Dependant Schools in England. Select members of this focus group may be asked to take part in a video currently being filmed to teach DODDS teachers about the military way of life at RAF Mildenhall and Lakenheath.

To capture the wide range of challenges military children and families face, it is critical to get diversity: enlisted and officer parent volunteers; single parents of both genders and DODDS students who are attending elementary, middle and high school. In addition, experienced PCSers who have PCSed numerous times and some younger folks experiencing their first moves when they arrived at RAF Mildenhall or Lakenheath are needed. For information, contact David Aaron at draaron@cwcom.net.

## At the movies

RAF Lakenheath

### Today

7 p.m. - 7 p.m. - "200 Cigarettes" (R) Starring Ben Affleck and Courtney Love. It's 1981 and a New Year's Eve party is taking place in New York City. The revelers are determined to find romance and have the time of their lives before the year draws to a close.

10 p.m. - "Entrapment" (PG-13) Starring Sean Connery and Catherine Zeta-Jones. A lovely and ambitious insurance investigator poses as a master thief so she can catch a legendary gentlemen thief. As their mutual attraction grows, they plan a heist on the eve of the millennium.

### Saturday

4 p.m. - "October Sky" (PG) Starring Jake Gyllenhal and Chris Cooper. Homer Hickman Jr. lives in West Virginia during the 1950s. He wants build rockets to win the National Science Fair.

7 p.m. - "Entrapment" (PG-13)

10 p.m. - "200 Cigarettes" (R)

### Sunday

4 p.m. - "October Sky" (PG)

7 p.m. - "Entrapment" (P-13)

### Monday

7 p.m. - "Entrapment" (P-13)

### Tuesday

7 p.m. - "Entrapment" (P-13)

### Wednesday

7 p.m. - "The Mummy" (PG-13) Starring Brendan Fraser and Rachel Weisz. In 1925, an expedition of treasure-seeking explorers in the Sahara Desert stumble upon an ancient tomb. The hunters unwittingly set loose a 3,000-year-old legacy of terror.

### Thursday

7 p.m. - "Shakespeare in Love" (R) Starring Gwyneth Paltrow and Joseph Fiennes. It's 1593, and Will Shakespeare is suffering from a dreadful bout of writer's block. He just can't seem to get his latest project to come together.

### May 28

7 p.m. - "Rushmore" (R) Starring Jason Schwartzman and Bill Murray. A student at one of the finest private schools in the country, Rushmore Academy, loves his school, but is one of the worst students.

7 p.m. - "Rushmore" (R)

RAF Mildenhall

### Today

7 p.m. - "Rushmore" (R)

10 p.m. - "Shakespeare in Love" (R)

### Saturday

4 p.m. - "Prince of Egypt" (G) Animated. The biblical story of Moses is told on the animated screen.

7 p.m. - "Shakespeare in Love" (R)

10 p.m. - "Shakespeare in Love" (R)

### Sunday

3 p.m. - "The Mummy" (PG-13)

5 p.m. - "Shakespeare in Love" (R)

7 p.m. - "Shakespeare in Love" (R)

### Monday

7 p.m. - "Shakespeare in Love" (R)

### Tuesday

7 p.m. - "The Mummy" (PG-13)

### Wednesday

7 p.m. - "Shakespeare in Love" (R)

### Thursday

7 p.m. - "Rushmore" (R)

### May 28

7 p.m. - "The Mummy" (PG-13)

10 p.m. - "Shakespeare in Love" (R)

## Family support center

All FSC classes are open to active duty, retirees, Department of Defense civilians and family members. All classes are held at the family support center, unless otherwise noted. For more information, or to sign up for a class, call the center at 7-3847.

☐ **The "Write Stuff"** - From 11 a.m. to 1 p.m. Tuesday. Representatives from various agencies are available to answer questions about on-base hiring and application procedures.

☐ **Talking with your teens** - From 11 a.m. to 1 p.m. Wednesday. The class teaches parents how to communicate with their teens on tough teen issues.

☐ **Working in the UK: TLC Medical Personnel** - From 1 to 3 p.m. Thursday. Recruiters are hiring for positions in the medical field.

☐ **Job Shop** - From 9 a.m. to noon June 2. People discuss and brainstorm job search questions or problems with other military personnel or family members going through transition.

# Tan – think burnt, crispy skin



**Maj. Frank Thornburg**  
Health and wellness  
center

The number of new skin cancer cases increases every year and has doubled in the past 20 years. Unlike many cancers, skin cancer is a disease that is mostly avoidable. The main cause — exposure to sunlight — is widely recognized. By taking some simple precautions in the sun, we can ensure that the rise in the number of skin cancers is brought to a halt, if not reversed.

Doctors have identified several different types of skin cancer. The most important distinction is between malignant melanoma and non-melanoma skin cancer. Malignant melanoma is the least common and the most dangerous type of skin cancer. They account for about one in 10 skin cancers in the UK. While the cause of melanoma is not fully understood, it is thought to be linked to occasional exposure to short periods of intense burning sunlight. This type of skin cancer is more common in indoor than outdoor workers.

Melanoma is more prevalent in women than men and is one of the most common cancers among 20-35 year-olds. Malignant melanomas can develop unpredictably and may spread rapidly to other parts of the body. If recognized and treated early, chances of survival are good.

Non-melanoma skin cancers have increased in the UK. They are not usually fatal, but may be very disfiguring. They are most often found on the face, neck, ears, forearms and hands — all parts of the body that are commonly exposed to the sun. Unlike melanomas, non-melanoma skin cancers are found most often in outdoor workers and in people over 50. Most cases are caused by a lifetime of over-exposure to the sun.

Protecting your skin from the sun is simple: Head for the shade around mid-day, avoiding the sun from 11 a.m. – 3 p.m., avoid burning and cover up with tightly woven clothing, a wide-brimmed hat and sunglasses.

Sunscreens also offer some protection, but should only be used in combination with other methods. You should use a sunscreen with a Sun Protection Factor (SPF) of at least 15 or higher. The SPF is a measure of how much a sunscreen protects your skin from burning in the sun. The SPF is measured by timing how long

skin covered with sunscreen takes to burn when compared with unprotected skin. So, if your unprotected skin would burn in 10 minutes in the midday sun, by using a sunscreen of SPF2, this would double the time spent before burning to 20 minutes.

When using a sunscreen, remember: apply it thickly and evenly over all exposed areas; pay particular attention to ears, neck, bald patches, hands and feet; re-apply regularly, especially after swimming.

It is the ultraviolet radiation from the sun that affects our skin. During the hours around noon, the sun's rays have the least distance to travel through the atmosphere and so UV levels are at their highest. In the UK, UV intensity is at its highest from April to September. Any light surface, especially snow, water and sand, reflects UV. This reflected UV adds to the overall intensity reaching your skin and means you burn faster. UV rays can penetrate light cloud cover or while you're under shallow water.

Tanning booths or sunbeds are not a safe alternative to the sun. They are designed to produce a tan by emitting a UVA radiation, originally thought to be a safe form of UV. However, it's now known that UVA prematurely ages the skin and can contribute to skin cancer. The follow-

ing people should *never* use sunbeds: under-16s; people who burn easily or tan poorly; those with pale skin, fair or red hair; people with a lot of freckles or moles; people who have had skin cancer or have a family history of it; and people using medication that could make their skin more sensitive.

Young children need special care when they are in the sun. Redness of the skin, however slight, is a sign that it has been damaged. Getting sunburned as a child leads to a greater risk of skin cancer in later life. Babies less than 12 months old should be kept out of the sun. Children need to be protected just like adults: generously apply sunscreen, have them wear a wide-brimmed hat and use sunglasses. Encourage children to play in the shade when the sun is hottest from 11 a.m. to 3 p.m.

Remember, there is no safe tan. There is nothing healthy about a suntan. The next time you see a person with a nice, deep, dark suntan, think: damaged, burnt skin. There is nothing attractive about skin cancer.

If you would like further information about prevention and health, contact the Health and Wellness Center at 7-HAWC.

